



WIC Informer

CURRENT RESEARCH

Are You Using Your Car Seat Properly?

**Buckle Up Everyone.
Children Age 12 and Under
in the Back!**

Infants:

Age & Weight: Birth to 1 year up to 20 - 22 lbs. (If you have a heavier infant, you may need to purchase a convertible seat with a rear-facing weight up to 30 or 35 lbs.)

Type of Seat: Infant only or rear-facing convertible.

Seat Position: Rear-Facing only. *Always make sure:* Children to 1 year and at least 20 lbs in rear-facing seats. Harness straps are at or below shoulder level.



Warning: Do not place infants in the front passenger seat of cars with air bags.

Toddlers:

Age & Weight: Over 1 year and 20 - 40 lbs.

Type of Seat: Convertible/ Forward-facing.

Seat Position: Forward-facing. *Always make sure:* Harness straps should be at or above shoulders. Most seats require top slot for forward facing.



Warning: All children age 12 and under should ride in the back seat.

Young Children:

Age & Weight: 4 years old, over 40 lbs. up to 80 lbs.

Type of Seat: Belt positioning booster seat.

Seat Position: Forward facing. *Always make sure:* Belt positioning booster seats **must** be used with both a lap and shoulder belt.

Warning: Make sure the lap belt fits low and tight to avoid abdominal injuries.

For more information, check out our website at www.cdhd.org or call the main receptionist at 375-5211.

Pregnancy & Eating

Pregnant women are encouraged to eat three meals plus two snacks each day during pregnancy. A study of 2000 pregnant women found that women who skipped meals in the second trimester had a 30% increase in risk of delivering prematurely. Skipping meals is a stressor to the body and releases stress hormones which may be the cause of the preterm delivery.

Am J Epidemiol 2001;153:647-652.

Food Allergies and Peanuts

Babies with one or both parents with a history of asthma, eczema or other allergy-based diseases are at risk of peanut allergy. A Canadian study of 23 healthy women found that nursing mothers may pass peanut proteins in breast milk to their infants. Such early exposure to the allergen could put babies at risk for develop-

ing a potentially fatal peanut allergy. Nursing mothers could avoid exposing infants to the allergen by not consuming peanut products while nursing. **Doctors generally recommend that children not be fed peanut products until age 3.**

Think About Your Drinks

Hot weather calls for cold drinks. But think about what you are drinking.

Milk - is a great source of calcium, and protein. But it does have calories. Adults need 2 cups per day, Children 3 cups and Teens & Pregnant women 4 cups. Consider 2% or nonfat milk (over age 2) for the same nutrition without as much fat.

Juice - Aim for 4-6 oz per day. More just adds to calories, not nutrition. (A 16 oz. glass of juice is the same as 4 oranges - that's 240 calories)

Sports drinks & Koolaid - have as much sugar as soda pop and no nutrition. Limit to special occasions.

Water - drink lots!



Interview with a Breastfeeding Mom

Many moms struggle with the decision of whether or not to breastfeed. At WIC, we support breastfeeding and feel that it is the right choice for mom and baby. Recently we interviewed a first time mom to get her feelings on breastfeeding.

WIC - Why did you decide to breastfeed?

Mom - I felt it was best for Isabelle and myself. I especially wanted to bond with her. It is an important part of my culture and family.

WIC - Who supported you in your decision to breastfeed?

Mom - My family supported me because they knew it was best for Isabelle. My work supported me by providing me a place to pump and letting me take pumping breaks during the day. I used these breaks as my morning and afternoon breaks. I would go home on my lunch hour and nurse her.

WIC - Who did you feel was not supportive?

Mom - It was sometimes difficult when I took Isabelle out in public as it was hard to find a private place to nurse. I went shopping in Twin Falls and they had a family area with rocking chairs for moms to breastfeed. I wish more places had this type of area. My friends told me a lot of things that I later found were not true such as: breastfeeding makes your breasts sag, you can't eat certain foods, or you will have no freedom when you breastfeed. The freedom was not as important as care of Isabelle. She was a top priority for me and I wanted to spend as much time as possible with her.

WIC - Did you have any problems breastfeeding?

Mom - Yes, it took 5 days for my milk to come in and I was very worried that Isabelle was not getting enough. I decided to keep a log of when I nursed, for how long and how many wet diapers she had until my milk came in. Another time, I got a plugged duct, which is like a water blister and I used a pump, a warm washcloth on my breast, and massage to get rid of it.

WIC - How did you know what to do in the above situations?

Mom - I called WIC, the lactation consultant at the hospital I delivered at and friends who had breastfed. I had a big list of people I could call and it helped a lot.

WIC - What other advice would you give to a first time mom?

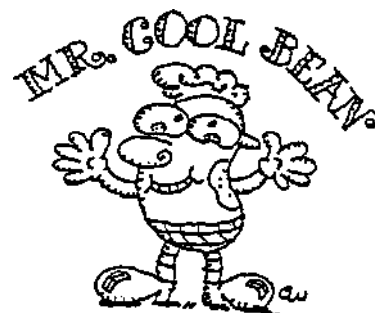
Mom - Don't give up!! You can overcome most situations. There are a lot of people who have been there and want to help you. If you are going back to work, make sure to plan ahead by expressing enough milk and having things ready well ahead of time.

WIC - What would you tell a mom who is opposed to breastfeeding?

Mom - I think they are probably thinking of breasts as sexual objects. They should realize that women have breasts to feed their babies. The sexual part of breasts is a cultural thing.

WIC - Now that Isabelle is a year, think back on breastfeeding and tell me your thoughts.

Mom - I feel like I did my best for her as a mother. Breastfeeding was convenient. I never had to worry about not having enough formula, or packing a bottle. I saved so much money not only from not buying formula but Isabelle has been a very healthy baby. She hardly ever spit up or was constipated. Isabelle and I are very close.



Li' Hands Fudge

1 2/3 cups or 1 can pinto beans,
(rinsed and drained)
1 cup cocoa powder
2/3 cup butter, melted
1 tablespoon vanilla
4 cups powdered sugar
chopped walnuts (optional)

Put beans in blender or mixer and puree. Add cocoa, butter, and vanilla. Mix. Combine powder sugar to bean mixture; beat 3 minutes until thoroughly mixed. Add nuts. Spread into 9 x 13 pan.

Nutritional Analysis:
224.1 Calories; 7.9 fat (31.4 calories from fat); 3.0 Protein; 36.0 Carbohydrate; 19 Cholesterol; 14 Sodium.

For more information and free bean recipes, go to: www2.state.id.us/bean or contact the Idaho Bean Commission at 334-3520.

Bean graphic and recipe courtesy of the Idaho Bean Commission.

Family Friendly Websites

Mom's guide for healthy eating:
<http://www.familyfoodzone.com/>

Help teach your kids healthy eating habits at: http://www.nutritionexplorations.org/kids_zone.html